

HP Retiree Club of Houston



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WELCOME

The HP Retiree Club of Houston provides opportunities to gather with the friends and coworkers you knew during your working career. We rely on our membership to guide our selection of activities, so let the Planning Committee know what activities interest you.

COORDINATOR'S CORNER—Carlos Fernandez

Dear Houston HP Retiree Club members, we see already what seems to be a light at the end of the tunnel and it is not a train heading towards us. The recent "One Question Survey" (see below) gave us some hope about the general readiness of our membership for in-person events. Some of us are ready to participate now, some of us want to wait more. Your club's Coordinating Committee felt encouraged by the responses, these supported us to venture and organize our first in-person event in more than a year.

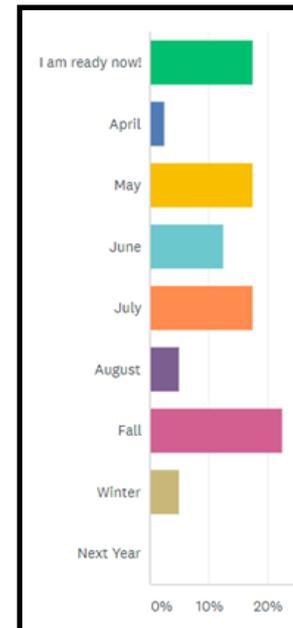
We think that taking a small step with a club social will help us test the waters. A "save the date" email has been sent; it will be followed by an Evite to get a headcount for the needed reservations.

We selected [Creekwood Grill](#), located where PO used to be, because it has a roomy interior and a nice outside patio.

Early Spring, April 6 from 3:00 to 5:00 PM should be ideal for an outdoor socializing activity. We will follow the local COVID-19 protocols. We are looking forward to seeing you then.

Back to the "One Question Survey", you can see from the graph that 20% of the respondents are ready to participate in person now and April; later months indicate a varying degree of responses.

Since we are in a dynamic COVID-19 environment with changing guidelines, vaccination progress, and personal attitudes it is understandable why each one of us has a different perspective on the matter. Your individual feedback in the comment section in the survey reflected some of the reasoning behind your responses.



Thanks for participating; we will see how this first in person event goes and this will help up evaluate future planned events. *Continued...*

COORDINATOR'S CORNER, CONTD.

I would like to welcome our newest Coordinating Committee member: Mike Maglothin. You would remember him from several club events: he was featured in the spotlight section of this newsletter. He made a brief presentation at one of our socials at Mia Bella; and he conducted a Zoom travel seminar in the fall of last year. He is already actively contributing to the club in many

ways for which we are grateful. Welcome Mike!

On behalf of the planning committee, I want to thank you for reading and sharing this newsletter with others. Also, I want to extend my appreciation to the committee for their contributions to the club; their talent, their time, and their passion to serve is extraordinary.

MEET YOUR STEERING COMMITTEE

Committee Responsibility	Committee Member
Coordinator	Carlos Fernandez
Treasurer/Meeting location reservations	Jan Frazier
Meeting Notes/Act Tracker	Vicki Gore
Precinct 4 Bus Coordinator	Karen Brown, Michael Duhs, Herman de Hoop
Trip planning & research	Peter Martin, FG Seeberger, Mike Maglothin, Committee
Seminar Coordinator/Socials	Jan Frazier
Club website	Ellen Chadick, Carlos Fernandez, Michael Duhs
Newsletter / Editor	Karen Brown, Michael Duhs, Herman de Hoop
Communications	Herman de Hoop, Carlos Fernandez

UPCOMING ACTIVITIES

April 6, Tuesday	Social, Creekwood Grill , 3-5pm
April 22, Thursday	Haak Winery
May , TBD	Ocean Star Offshore Rig Museum, Galveston
June, TBD	Stop the Bleed Seminar
July, TBD	Moody Mansion and Bishop's Palace, Galveston

UPCOMING ACTIVITIES



**APRIL 6, TUESDAY
3-5PM**

CRAFT BEER, BURGERS, AND MORE

12710 Telge Rd.
Cypress, TX 77429
(281) 746-6352

HALF PRICED DRAFT BEER TUESDAYS

All draft beers, all day Tuesdays!

**APRIL 22, THURSDAY
9AM-3PM**

TOURS ARE \$19.95 PER PERSON

Includes:

- ◆ Glass of wine to tour the Haak facility
- ◆ Tasting of 4 wines that the staff has pre-selected for the day
- ◆ Your choice of one of our fine madeiras
- ◆ Souvenir glass

Wine by the glass/bottle

Food choices: cheese boards, olive tapenade with crustini and a flatbread option.

Menu 3/25: Boudin balls, a Malbec red wine burger, bbq pulled pork sandwiches, grilled chicken and salad options



Haak Vineyards & Winery

6310 Avenue T,
Santa Fe, TX 77510
409-925-1401

PAST ACTIVITIES



Docent, Gretchen Sassone, was gracious enough to virtually guide us through the new [Kinder Building of the Houston Museum of Fine Arts](#).

She showcased eight pieces that were commissioned specifically for this building.

Here are some of the collection:
[Kinder Building: Inaugural Art Installations](#)

Click [here](#) to watch a recording of this presentation

SENIOR HEALTH PRESENTATION

Click [here](#) to watch to a recording of this presentation



[Jackie Bachmeier](#)

- * Author: *Stronger Longer & Optimal Longevity*
- * Integrative & Functional Movement Specialist
- * Founder: Evolution Fitness & Wellness

Get me Outta here! ... an update on the travel industry. ...and a free River Cruise giveaway.

Every day now something is changing. Wow! travel is here in some cases and on the near horizon in others!

All-inclusives in Mexico and the Caribbean are almost all open and prices are going up, up, UP. 3 days after quoting a room in Cancun, that same room for a 4-night stay went up by \$245. Memorial weekend prices are already climbing and planes are getting FULL!!



Cruising is BACK (or will be back shortly) – Royal Caribbean has already announced a cruise starting from a Caribbean port. Some cruise lines are planning on requiring vaccinations, some not, and some it's a mixed bag with kids being exempted if they've tested negative. It won't be a full restart yet but as the vaccine continues its rollout, I expect it to come back strong. There is a lot of future cruise credits already out there, waiting to be spent and bookings doubled in the last couple of months.



European Tours – They are booking for summer, but It's still unclear how the EU will be opening. I expect individual countries to open before the entire EU. As one example, Iceland is open NOW as long as you've had your vaccination. I expect river cruising to be a barometer for what to expect in the EU so watch a river cruise company like Viking or AMAwaterways closely if you're interested in travel to Europe. **Our company is giving away a free 7-day river cruise for 2 on AMAwaterways.** Register to win at <https://www.ibookdreamvacations.com/contest> It's ok to share the link with friends and family too. Would love to have someone we know win!!

Continued on next page

Travel continued...



Finally, if you're ready to get away, REALLY get away... check out this travel concept, it's hilarious (and a little too real. <https://youtu.be/9k3RSOksRJg>)

Mike the Travel Guy



Mike travels the world with his wife Joyce finding adventure wherever they go.
He's always happy to talk travel or answer questions 713.927.4285

Michael.maglothin@cruiseplanners.com

Your land and cruise travel concierge

Where are You in the Battle Against Sarcopenia?

Pat, an 83 -year-old retiree, per her doctor's recommendation, quarantined at home giving up her 3x per week resistance training routine at the local gym for almost 10 months when the pandemic surfaced. Having battled back from a serious case of pneumonia a few years prior, it was a reasonable order from her doctor. And in the early stages of the COVID pandemic Pat could not have fathomed that 10 months later she'd still be in quarantine. Not only had she given up her fitness regiment, being fiercely independent, she also gave up other activities she enjoyed such as shopping, walking, and spending active time with her grandkids. The result, Pat's posture declined significantly leaving her with a drooping head and all the positive work she had been doing at the gym was unraveled leaving her in a frail condition requiring her to walk with a quad-cane. While Pat has resumed an integrative movement program, it takes much more hard work to rebuild lost function than it does to maintain it through regular resistance training.



Sounds like a very familiar story, right? Maybe even one you've experienced yourself. And maybe, you've even begun to realize the impact that quarantine has had on your physical self beyond the emotional drag of being shut off from family and friends.

Are you aware that untrained individuals will lose 2% of lean muscle mass for every decade they remain untrained and at age 50 that number increases to 3-5%? At 70 that number goes to 5-15% and that is why people 70+ lead the nation in falls. Actually, 70% of people 70+ will die from their falls. This loss of lean muscle is called sarcopenia and the impact on your function and ability to do daily tasks shows in reduced stability (balance), reduced over-all strength (that laundry detergent bottle didn't get heavier), endurance (that huffing and puffing after a flight of stairs), and puts you at risk for things like osteoarthritis, osteoporosis, cardiovascular disease, postural changes, and more. Big news here: just 7-10 days of inactivity leads to muscle atrophy which unaddressed leads to sarcopenia.

Continued on next page.

Where are You in the Battle Against Sarcopenia? (Continued)

But it is not all doom and gloom here. Science shows that muscle mass can increase at any age in response to resistance training. Just 20-30 minutes of full body resistance training using multi-joint movements every other day can increase your ability to do your activities of daily living and improve over-all functional movement. Activities like stair climbing, carrying items such as laundry baskets and cases of water, moving wheelbarrows and mulch while gardening or enjoying hobbies like playing golf, tennis, or hiking can all be enjoyable versus things we avoid or stop doing altogether. Now more than ever before you have options for exercising. While COVID did impact many fitness facilities it did open help the industry open up an entirely new era to online (virtual) training. While digital exercise has been present for years through formats like DVD's, there are now opportunities to meet either one-on-one or in small groups through platforms like Zoom, You Tube, and more.

And while in-person exercise options are still alive and well, many older adults remain a bit leery of the in-person experience and question the validity of virtual exercise. This was how Lillian felt when the lock-down was mandated in March of 2020. Lillian started her first exercise program at 81 years old. She started training after being released from intense physical therapy following a devastating fall in her home. She was making steady strides when the lock-down mandate hit. With much trepidation, Lillian decided that losing all her progress was not worth it and opted to learn about logging into Zoom so she could continue her training program. Now, after celebrating her 84th birthday she proudly

states, "After participating in Tai Chi and small group resistance training three times per week virtually, I can confidently say I am in better shape than I was 2 years ago. I am stronger, feel confident about my balance, and feel great."

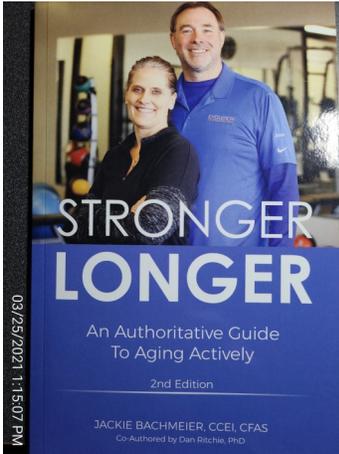
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Where are You in the Battle Against Sarcopenia? (*Continued*)

The simple message here is that you don't have to spend hours at the gym to maintain strength and function but beginning a regular resistance training program in your 50's and maintaining function is a better plan than trying to play catch up in your 80's.

A well rounded, full-body resistance training program every other day for just 20-30 minutes will assure you will maintain independence and improve your quality of life for optimal longevity.



Jackie Bachmeier

- * Author, *Stronger Longer & Optimal Longevity*
- * Integrative & Functional Movement Specialist
- * Founder, Evolution Fitness & Wellness

RESOURCES

For more retiree information from HPE/HPI, please access these websites via user names and passwords in the table below:

www.hp.com/retiree - (Maintained by HP Inc (HPI) for retirees)

This website retains some information that is available to any of the legacy companies' retirees and does not require a password. The other information (Benefits, Discounts, Open Enrollment - *specific to HP Inc*) has been moved to HP Continuum and DOES require you to create your own user name and password.

Are you an HP retiree with a Payroll issue? HP has cancelled its 1-800 number for employees and retirees to reach Payroll. The only way to contact HP Payroll is through this email address: payroll.us.i@hpe.com. (Note: type carefully ... the letter "i" in the email address identifies you as an HP Inc. designated retiree.) Include your full name and employee number in the message.

www.hpcontinuum.com - HP news, retiree stories, videos, and member spotlights for HPI employees that meet the following criteria:

- Age 55 and 10 years of service under the HP Retiree Medical Program
- Age 55 and 15 years of service under the Pre-2003 Retiree Medical Program
- Age 50 with at least five years of vesting service under the Compaq Computer Corporation Cash Account Pension Plan (CAPP) under the Former Digital Retiree Health Program.

www.hpalumni.org - **HP Alumni Association** (Maintained by volunteer HP retirees/former employees)

Join HPAAs at no charge; use the online Benefits forum to compare notes on US retiree health plans – year-round and during Annual Enrollment. Check out their website for a wealth of information and selected forums to join.

1. Know someone leaving HP? Send them this link to our "ASAP Checklist" -- advice from members of the independent HP Alumni Association on [urgent things to do before losing HP access](#) and in the following weeks. (Membership not required.)

2. Social Security. [Video with an expert from the Social Security Administration](#). When to start. How working affects your benefits. Spouse, children, divorce, survivor, disability, taxes. Much more.

Program	URL
HP Retiree Club of Houston	www.hprchou.com
HPI (Discounts area, choose Retiree Discounts link) *	www.beneplace.com/hp_employee/
HP Continuum (News, Benefits, Contacts)	www.hpcontinuum.com
Employee Programs (Discounts) *	www.houston.hpway.org
HP Branded Merchandise *	www.hpstore.com <i>click on Partners</i>

* Note: Usernames and Passwords are available when you sign up to HP Continuum

There is a wonderful mythical law of nature that the three things we crave most in life — happiness, freedom, and peace of mind — are always attained by giving them to someone else. – Peyton Conway March